

PLEASING YOUR PLANT-BASED PALATE

SWEET POTATO CHIPS

Bev Bow & Don Fries of Healthy World Sedona

Yields: 8 – 12 Servings

1 – 2 large sweet potatoes (Japanese orange or purple!)

1. Preheat oven to 350°F
2. Scrub sweet potatoes and cut out any bad spots.
3. Slice the potatoes thin (1-3 mm).
4. Place on a non-stick baking sheet, or use parchment paper on a regular cooking sheet.
5. Bake for 5-7 minutes. Watch to make sure they don't burn. Remove from oven and turn over. Bake for another 3-7 minutes, or until lightly browned around the edges and crispy but not brown in the middle. Remove from the oven. Allow to cool in the open air, then store in a sealed container. Serve with salsa or other dip, or just eat plain.



SWEET POTATO WRAPS

Bev Bow & Don Fries of Healthy World Sedona

Yields: 4 large wraps

1 cup sweet potatoes, cooked (either bake them with skins on @ 375°F for about an hour, poking with fork to make sure they're done or cut into 3/4 "cubes, cover with water and boil until tender)

1 cup gluten-free flour*

1/2 cup almond flour

1/4 - 1/2 tsp. salt

1 Tbsp. chia seeds

1 Tbsp. flax seed meal

1/3 cup water

** If gluten is not a concern, these can be made with equal amounts of whole wheat flour and sweet potatoes, a small amount of salt (optional) and that's all!*

1. Mix chia seeds and flax seed meal with the 1/3 cup of water in a small bowl and set aside to gel.
2. Slice through potato skins so that they are in small pieces (approximately 1/4 inch). Place potatoes in large bowl and mash with potato masher or fork. Add in all of the remaining ingredients and work with your hands to form soft, workable dough that is not overly sticky. Add more flour as needed.
3. Slice the sides of a 1-gallon ziplock bag. Pinch off a piece of dough slightly smaller than a tennis ball. Roll with hands into a ball and place between the two flaps of the ziplock bag. Press flat with hands, and roll into a thin, round disk. Carefully peel back the top flap and sprinkle the wrap surface lightly with flour so that you can fold the wrap without it sticking to itself.
4. Heat a non-stick frying pan over medium heat. Gently fold the wrap in half and peel from the bottom flap. Place the wrap in the pan, unfold and dry fry for about 5 minutes. Turn over with a spatula and fry on other side for another 3-5 minutes. Place on a clean towel or paper towel in a stack and allow to cool. Makes four wraps.

Presenters: Bev Bow & Don Fries of Healthy World Sedona

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ROASTED RED PEPPER HUMMUS

Bev Bow of Healthy World Sedona

Yields: 6 servings

- 1 25-ounce can of chickpeas
- 1 roasted red pepper
- 1 clove garlic, minced and crushed
- Juice of ½ lemon
- 2 Tbsps. tahini
- 2 tsp. cumin
- ½ tsp. salt

Place all ingredients in food processor or high-speed blender. Blend until smooth, adding liquid from red pepper jar to get desired consistency.

SWEET POTATO TRUFFLES

Kim Campbell of PlantPure Nation

Yields: 15-20 truffles

- 1 cup walnuts
- 1 cup medjool dates, pitted
- ¼ cup mashed sweet potatoes
- ¼ cup cocoa powder
- ½ tsp. cinnamon
- 1/8 tsp. allspice
- ½ package bittersweet or semi-sweet chocolate chips, melted

1. Place the walnuts and dates into a food processor and pulse until the nuts and dates are finely ground.
2. Add the remaining ingredients and process until you have a thick dough.
3. Form into small balls and place in a parchment paper lined freezer container.
4. Melt the chocolate chips over a double boiler (or in a microwave) and dip truffles using a fork.
5. Top with unsweetened coconut flakes or walnut pieces.
6. Refrigerate for at least one hour before serving. Store in the refrigerator.

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